Paying Attention so I Can Do my Work in Class

I know that I am in school to learn. It is vital to my education that I persevere in my pursuit to pay attention when the teacher is talking. Sometimes it doesn’t seem like the teacher is talking to me when he or she is talking to the whole class. They will say an instruction out loud to the class and when they do that means me too. I need to demonstrate to the teacher that I can do the class work. It is the smartest thing to do. I will excel in school when I persist in my work and pay attention in class.

Things that get in the way: ***Brain Eater and Body Snatcher***

I can get distracted in class. Sometimes in class I want to read a book or draw on paper. Sometimes I want to do this when I know I have work I need to do. I know I can read books or draw when I have “free time”. The teacher will tell me when I have free time. If the teacher does not say “Leo, you may read or draw now” then I know I cannot take a book out of my desk to read, or draw on paper. I can really try my best to listen to the teacher so that I can be an informed student.

I can defeat the Brain Eater and Body Snatcher by turning away form things that are distracting me form doing my work. I can use a strategy called Move It!

My Move It Strategy!

Use when:

* I am stuck or don’t want to do it.
* I need to get more alert and refocus-

Strategies:

1. Ask to get a drink of water and come right back and start my work
2. Be sure there are no distractions on my desk
3. Ask for clarification of what I should be doing then do it